



PATAGONMAN
PATAGONIA XTREME TRIATHLON

2023

RACE MANUAL

Athletes and their supports are required to read and understand this Race Manual.

In it, you will find information you need to compete at PATAGONMAN Xtreme Triathlon.

– the extreme triathlon at the end of the world –

The contents of this manual are absolutely needed to be known by participants and their supports. Read it twice. Read it backwards. Read it out loud. Then read it again. By the time you get to Patagonia, you should know this manual by heart and every piece of information in it should be as natural to you as riding a bike. Please note that both Race Manual and website are subject to regular revisions and changes.

For supplementary information, please refer to our website www.patagonman.com, where you'll find all the “nice to know” stuff. If you still have doubts, you can always contact us by email at: contact@patagonman.com or share the doubts on the “Patagonman XTRI, Edition 2023 Group” Facebook Group.

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Summary

- The race starts at the Aysen Fjord, on Sunday, December 3rd 2023, between 05:00 and 05:30 in the morning. Puerto Aysen, Aysen Region, Chile.
- The race finishes the same day in Puerto Ingeniero Ibañez, Aysen Region, Chile.
- Athletes are required to race accompanied by their own support person. The supports will drive themselves or they can bring or hire a driver upon each athlete preference. Supports persons must be able to communicate with the race organization in English or Spanish. We recommend that the support person is an adult. Only one support person is allowed per athlete (however, more people can join in the car to watch).
- The base towns for the event are Puerto Chacabuco (pre race day) and Coyhaique (post race day), Chile. In order to get there, we recommend flying to Balmaceda Airport (BBA).
- Until Sunday (race day) we recommend you stay in Puerto Chacabuco or Puerto Aysen, so you can be close to all activities.
- Only organization cars and minibuses will be allowed in the running course. Supports must drive directly from T2 to the finish line (through a different route than the athletes).
- There will be transportation provided by the organization for the supports from the finish line to Km 30 of the running course (the only point of interaction for supports and athletes in the running section).
- If you are not from Aysen and you do not have a car, you will need to rent one for your support and bike transportation. There will be no general transportation provided by the organization for supports and bikes.
- The entry fee is USD \$850 which will have to be paid after being awarded a slot in the race from the lottery. Entries cannot be transfer to next year's race under any circumstances.
- In order to race you are required to purchase a customized full-coverage insurance for this event, provided by the organization (no other insurance can replace this).
- The majority of our athletes are selected through a draw, with specific quotas assigned for men, women and local athletes. A small quota is allocated by the race organization to elite athletes based on merit and another small quota is allocated to sponsors, media and partner races.

Rules

General Rules

Patagonman Xtreme Triathlon is sanctioned by its own local rules, which must be applied due to the uniqueness of this race and to guarantee the safety of all athletes. Other than that (and secondary to that), we are following the International Triathlon Union ([ITU competition rules](#)). That means, that after reading and memorizing this manual, you can focus on studying the ITU competition rules if you have other doubts related to this.

If there are any conflicts between the ITU and Patagonman Xtreme Triathlon local rules, these last ones will always prevail and apply.

This is a long distance “NON-Drafting Event”.

Age

All athletes must be over 18 years of age on race day.

Identity

At registration, all athletes must present a valid photo ID (passport, driver's license or similar) and they will have to have the customized full-coverage insurance for this event, sold by the organization (no other insurance can replace this).

Equipment

- Full wetsuits are mandatory.
- Neoprene caps will be mandatory if the water temperature is below 12 degrees Celsius. If the water temperature is 12 degrees Celsius or higher, neoprene caps will be optional.
- Neoprene socks, gloves and heat vest (normal neoprene base layer) are optional.
- Battery heated vests and webbed gloves are not permitted in any case.
- Patagonman swimming cap is mandatory to be visibly worn during the swimming section of the race and not doing it could be subject to penalty.
- Patagonman open water safety buoys are mandatory for the swim.
- The time chip must be worn during the whole race. If the chip is lost, it is the athlete's responsibility to contact Patagonman crew members in T1 or T2 to receive a new chip.
- The race number should not be worn during the swim, and must be stored in T1, until the athlete exits the water.
- Red taillights must be used during the whole bike segment.
- A reflective vest or a four-point reflective belt strap must be worn during the whole bike segment.
- The race number must be visible from the back at all times during the bike segment and from the front during the run segment.

- Bikes must be in good working order.
- Helmets must be approved by a nationally accredited testing authority or have the CE stamp.
- Change of bike is not permitted. Changing wheels due to mechanical failure is permitted as long as the race officers are informed afterwards.
- Pack a backpack, containing warm and fresh clothing, flashlight/headlamp, towels, food and drinks, mobile phone and cash for post-race needs.
- Supports must wear a reflective jacket at all times on race day.

Medical/anti-doping

Medical crew and race marshals appointed by the organizers may at any time during the race remove an athlete from the race, in case of health issues or risk of injury to the athlete.

The use of prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden. The World Anti-Doping Code in itself, or as implemented in the rules of the International Triathlon Union and Confederations of Sports anti-doping rules is binding for all participants in the Patagonman Xtreme Triathlon. Athletes may be subject to random testing.

Release from Liability

Athletes and their support crews must sign the "Release from Liability" document before they receive their race number (the document is enclosed at the end of this manual).

Penalties

Race marshals can issue time penalties or disqualify athletes if either the athlete or their support team violates the rules.

Time penalties

- Minor violations (yellow card) – 10 minutes
- Second violation (yellow card) – 20 minutes
- Third violation, major violation or dangerous behavior (red card) – Disqualification

There will be no penalty boxes and time penalty will be added to the final time.

Rules on the bike leg

The following violations may lead to time penalties and/or disqualification:

- Obstructing other athletes by not holding to the right whenever is possible.
- Use of headsets or mobile phones while on the bike.
- Drafting off another athlete or motor vehicle (athletes are, however, permitted to cycle side by side during the major hills of the bike leg).
- Receiving support in any place that is not allowed (first and last 20km of the bike course and also between Km 80 and Km 100) or when putting other athletes at risk by the support doing a poor parking job.

Rules on the run leg

The following violations may lead to time penalties and/or disqualification:

- The use of headsets or mobile phones during the run is not permitted.
- No trekking poles are allowed at any time.
- Supports may not accompany nor pace athletes during the first 30km of the run.
- Supports may not carry, pull or push their athletes at any point of the course.
- Having supports driving at any point of the running course is not permitted.

Rules for your support person

Rules pertaining to your support team are listed in the support team section on page 15. As a participant, you are responsible for ensuring that your support understands their role and our rules, which are there to ensure participants' safety.

Please note that if your support causes dangerous situations by behaving recklessly or violating these rules, you could be penalized or disqualified.

Major violations

- Littering at any time during race day.
- Aggressive or obscene language.
- Racism, discrimination, or intolerant behavior.
- Disrespectful communication towards the organization.

Any of these violations committed by either the athlete or the support will result in immediate disqualification of the athlete.

Important note on littering

As Patagonia is a unique and fragile environment, any littering during race day and race week could end up in serious trouble with local authorities. Patagonman organization is committed to preserve biodiversity, wildlife, and nature in general. Therefore, the enforcement of penalties for littering will be strict.

Program

PATAGONMAN Xtreme Triathlon 2023

Activity	Day	Date	Time
Social swim. Bahia Acantilada, Puerto Aysen	Friday	December 1 st	10:00
Registration. Loberías del Sur Hotel	Friday	December 1 st	12:00 - 18:00
Registration. Loberías del Sur Hotel	Saturday	December 2 nd	9:00 - 12:00
Mandatory prerace meeting Athlete+Support (Q&A in 3 languages). Loberías del Sur Hotel	Saturday	December 2 nd	14:00
Bike check in at T1	Sunday	December 3 rd	3:00 - 3:55
Boarding time for athletes to get on the ferry	Sunday	December 3 rd	4:00 - 4:20
Patagonman Xtreme Triathlon Start	Sunday	December 3 rd	5:00 – 5:30
T-shirts pick-up. Awards ceremony. Coyhaique	Monday	December 4 th	16:30

Athletes must show up in Puerto Chacabuco before 3:55 hrs. on Sunday, December 3rd and their supports must check their bikes at the same time and place. Delayed athletes will not be allowed to race.

There will not be transportation provided by organization for the athletes and their supports to Puerto Chacabuco, for the start. It is very important that you arrange your rental car or local driver in advance.

There will not be transportation provided by the organization for the athletes and their supports back from Puerto Ingeniero Ibáñez at the end of the race.

It is very important to notice that there are no gas stations between Coyhaique and Puerto Ingeniero Ibáñez. So, you must start race day with a full tank, otherwise you are taking the risk of running out of fuel.

Fees

There is a lottery fee of USD \$12 to register for the draw. This fee is in full (minus transaction costs) donated to our charity partners. The lottery fee is not refundable under any circumstances.

The race entry fee is USD \$850. The entry fee will have to be paid after being awarded a slot in the race from the lottery. We will notify you by email and you will have 7 days to complete the registration and payment. If you, for whatever reason, have not completed your registration within this time limit, the slot will be passed on to an athlete on our “runners-up” list.

Your slot is not confirmed until payment is done. If you have any problem paying through our online payment platform, please contact us so we can help you find an alternative.

The entry fee includes:

- 1 PATAGONMAN athlete kit.
- 1 personal swimming buoy.
- 1 support T-shirt or reflective vest.
- Ferry to the swim start.
- Transportation from Puerto Ingeniero Ibañez to Km 30 of the running course for supports to get together with their athletes.
- Transportation back to Puerto Ingeniero Ibañez from Km 30 of the running course for supports not running to the finish line with their athletes.
- Service at the transition zones, checkpoints, and finish line.
- Drink stations on Km 90 of the bike, and Km 10 and Km 20 of the run.
- 1 finisher T-shirt for each finishing athlete (on time).
- 1 finisher medal for each finishing athlete (on time).
- Ambulances and medical services.
- Drinks for athlete and support upon arrival to the finish line.
- Awards and closing ceremony on Monday, day after the race.

Insurance

You will need to buy a customized full-coverage insurance for this event, sold by the organization, to start the race (no other insurance can replace this).

This is a special insurance, developed specifically for this race to cover the athlete, their support person and their bike in case of an undesired event.

There are no exceptions to this. No athlete will be allowed to receive their athlete kit without this insurance.

Insurance price for the athlete (and their support and bike) will cost USD \$24 to be paid by the athlete. This insurance offers a better protection than any other standard insurance on the market and it has been subsidized by the organization.

The insurance will be sold online a month before the race and it is to be paid with credit card.

Cancellation rules*

The following rules will be strictly enforced, to protect the organization from financial loss:

The entry fee, with the deduction of a USD \$260 administration fee, is refundable until April 20st 2023, irrespective of the cause of your cancellation.

Between April 21st and June 20th, the entry fee, with the deduction of USD \$310, is refundable only if cancellation is due to health reasons/injuries. To receive a refund, a valid doctor's certificate attesting the injuries and the impossibility to participate must be presented with the notification of cancellation before June 20th.

NO refunds are awarded for cancellations made after June 20th, 2023 and NO refund will be awarded to cancellations made after April 20th if they are not accompanied with the doctor's certificate attesting health reasons. (Please no fake medical certificates!)

A starting slot at PATAGONMAN Xtreme Triathlon is strictly personal. It cannot be transferred, sold, or given to another person. A person starting PATAGONMAN using someone else's race number will be disqualified, taken out of the race, denied participation in the race the following years and informed to the rest of the Xtri World Tour races.

* Refunds do not apply if "Refundable booking" insurance was purchased at registration.

Course description

Swim

3.8km in the Aysén Fjord. In recent years, the water temperature at the starting point on the day and time of the race has been between 10 and 12 degrees Celsius. Full wetsuits are mandatory. Neoprene caps will be mandatory and neoprene socks, gloves and heat vest will be allowed if the water temperature is below 12 degrees Celsius. If the water temperature is 12 degrees Celsius or higher, neoprene caps will be optional same as neoprene socks, gloves and heat vest. Battery heated vests and webbed globes are not permitted in any case. The swim begins with a water start, after athletes exit the ferry.

Bike

177km from Puerto Chacabuco; on Route 240 to the bypass at the roundabout; on Route 240 heading south; on Route 7 (Carretera Austral) all the way to Villa Cerro Castillo, ending at transition zone 2 (T2). The first 60km are fairly flat but the whole bike course has almost 2,500mts of elevation gain and it could be really windy, as Aysén characterizes by strong winds year-round. Also, weather changes a lot during the day in December, you can expect to have sun, rain and even snow. Please keep that in mind when planning your race strategy.

Run

42.9km from Villa Cerro Castillo to the lake shore at Puerto Ingeniero Ibáñez, in front of General Carrera Lake. The first kilometers 3 kilometers are dirt road, and the next 4.2 kilometers are a winding and hilly trail. Then, the rest of the course is like constant rolling hills of rubble road. The most demanding part is until Km 21. The ground has no pavement, so most of it is trail with loose dirt and more compact rubble road. Exit Villa Cerro Castillo following the race signs to Route 7 (Carretera Austral), stay in that road for one kilometer until the first junction. There you will take the first left at the intersection after the bridge. At the end of that dirt road, you will find the “Museo Escuela” and the trailhead. At the end of that trail, you will take a left (Eastwards) on Route X-723 which you will follow all the way to the General Carrera Lake shore at Puerto Ingeniero Ibáñez.

Total distance: 223,8km (139 miles)

A complete overview of the PATAGONMAN Xtreme Triathlon racecourse can be downloaded from our website: www.patagonman.com section COURSES.

Cutoffs

Cutoffs are necessary because we are concerned about your safety. It is very dangerous to spend long times in cold water, or to cycle after having spending long time in cold water. It is also necessary for the organization and the local community to liberate the traffic control on the main local route that we use. It is also very dangerous to be exhausted on the road after dark.

For all these reasons, you are not permitted to continue in the race on your own or at your own risk. The cutoff times and rules outlined below must be enforced.

Description	Cutoff time*
Exit water	2 hours
Exit cutoff point at Km 90 bike	6 hours
Exit transition zone from bike to run	11 hours
Cutoff at finish line*	17 hours**

*All cutoff times will be sharply executed from the time that the race starts and according to the official organization time.

** Enforcing the cutoff at the finish line will be subject to the organization criteria.

If you withdraw from the race at any point in time after the pre-race meeting, you must inform the race office immediately by calling to the emergency number on your wristband. During the race, your support crew is responsible for calling in withdrawals. The race office phone is manned from the pre-race meeting onwards.

For any medical emergency, please always inform the organization and call the number that you will be given at registration.

Weather, safety and support

Expected temperatures and weather conditions

Water: expect cold waters; temperature as low as 10.5°C (50°F) is not unusual.

Air; bike leg (Puerto Aysén area): temperature can range 4°C to 26°C (39-79°F)

Air; run leg (Puerto Ibáñez area): temperature can range 4°C to 22°C (39-72°F)

Possible changes of the course due to severe weather

Patagonman Xtreme Triathlon takes place in the heart of Patagonia, a remote region, at southernmost part of the world, where severe weather may require changes in the race.

If the water temperature is colder than 10.5°C, if visibility is low, or in case of high waves, strong tide or other dangerous conditions caused by severe weather, the swim course could be shortened, moved to a more protected area, or be set up as a circuit swim, with the start and finish in Puerto Chacabuco. In the most extreme scenario, it can be canceled.

Severe weather on the bike or running leg of the race

As there is always a risk of extreme weather conditions in Patagonia, the race circuit, and the cancelation of it upon a weather emergency will depend only on the organization criteria and the National Bureau of Emergencies. This is not common situation at all, and we expect to have no problem due to the time of the year when the race is held but we have to be conscious that your safety is at all time the first priority.

Support

Support persons are mandatory. The athlete's support person is expected to provide their athlete with food and drink at T1, during the bike course, T2, and one point of the running course. The supports are also expected to supply extra clothing that the athlete could need, or to take clothes that the athletes doesn't need anymore. Carrying cycling tools, replacements, spare parts, etc. is also a duty of the support. In general terms, athlete and support are expected to plan the race together in order to execute it in the best possible way, considering the interaction points that they will have. There will be a drink station set by the organization at kilometer 90 of the bike and two other drink stations set by the organization at kilometer 10 and 20 of the run. Supports can join (not mandatory) their athletes from kilometer 30 of the run leg to the finish line, running (or walking) together with them. The athletes are served local food, fruits and drinks at the finish line.

Athletes' supports – job description

Extreme triathlons cannot be compared to other iron-distance triathlons. The journey through spectacular landscapes of the world is a unique and unforgettable experience, but it is not free of risk to the athletes.

Having your own support person is both absolutely necessary and a requirement for participation. Athletes depend on their support throughout the race. The only way two athletes may share a support person, is if they complete the entire race together and having talked to the organization about it. Please read the supports rules below carefully, make sure you understand them, and remember them throughout the long race day.

In addition to helping ensure the safety of their athlete, the supports contribute greatly to the extreme races' experience and its unique atmosphere.

Finishing this type of races is a triumph to share with family and friends. Support will be just as enthusiastic about their PATAGONMAN weekend as their athlete will be, knowing that the experience will be exciting and fun and will strengthen friendship or family ties.

Rules for athletes' supports

One person is required and only one person is allowed as support

- Must be able to communicate with the organization in English or Spanish.
- Must have a locally operating phone in case of emergency.
- Must wear the Patagonman wristband and support reflective jacket at all times and especially when entering the transition zones to pick up equipment.

Main support rules

- Support during the race is only allowed from your support person and it is limited to providing hydration, nutrition, clothing, and mechanical support and equipment.
- Only athletes and supports can enter T1 and T2 demarked areas.
- T1 and T2 are important points for the support to help their athlete getting dry and changing clothing if needed. Also taking care of the bike and race equipment.
- On the bike leg, support may assist their athlete at any point but the first and last 20km of the course and from Km 80 to 100.
- On the run leg, support may only assist their athlete at the interaction point (Km 30) and from there till the end of the race, joining them in that part of the course.
- Supports must keep the PATAGONMAN wristband and the Race Office phone number with them at all times during the race.
- Running or biking in front or next to the athlete is regarded as pacing and is not allowed at any point before kilometer 30 of the running part of the race.

Transportation

Athlete/Support will rent a car (or somehow will provide themselves with a car) and will be responsible for their transportation during the whole race.

- Athlete should present themselves at the Puerto Chacabuco (Emporcha) dock to be ready to board the ferry before 03:55 hrs on Sunday, December 3rd.
- Supporters will do the bike check-in at T1 in Puerto Chacabuco, on Sunday, race day, before 03:55 hrs.
- Support will take care of their own transportation to the places where they can meet and assist their athletes. T1, any point of the bike leg of the race (except the first and last 20km and from Km 80 to 100), T2, and to the finish line.
- From the finish line there will be minibuses shuttling the supports to Km 30 of the run, where they can meet their athletes to join them on their run to the finish line or just to support them and be transported back to the finish line by the minibuses.
- The bike will be responsibility of the support at all time.

Support vehicle rules and regulations

- The vehicle should be an ordinary car. Sedans, station wagons and SUVs are recommended. Campers, RVs, and cars with any kind of trailers are discouraged and will be subject to restricted parking opportunities along the course.
- Must display the PATAGONMAN XTRI logo stickers and the bib number of the athlete in the upper right corner of the windshield (copilot side) and also at the rear window of the car.
- The support vehicle must abide by traffic regulations and posted speed limits and never drive directly behind, in front or next to a cyclist other than when overtaking, as this could cause dangerous situations. This is an important security rule and any car breaking it will cause the disqualification of their athlete.
- The car must always be parked off the road, with all four wheels outside the white road demarcation line.
- All support and communication must be provided from outside of the car, and never through the car window, even if the car is parked.

Chilean law for automobiles and transit regulation, requires all cars to include a reflective vest into its emergency kit. This vest is to be used by the driver when exiting the car on the side of the road. Make sure your rented car includes this vest (or bring yours from home) and remember to wear it when getting off the car.

Please be friendly

Crew

Please be friendly to the Patagonman crew. Most of them all volunteers, who have worked hard to give you the experience of a lifetime. The only pay they get – and the only reward they are looking for – is your enthusiasm.

Race officials

Please be friendly to the race officials (race director, marshals and medics), who take care of your safety. You are most likely to encounter them on T1, T2 and close to finish line. If you are unable to eat and drink, they are required to take you out of the race. Yes, this is a race like no other, and yes, you are doing it at your own risk, but your safety is still our first priority, and we want to avoid casualties.

Locals

Please be friendly to the locals. They are totally amazed that you came, and they think you're completely nuts to be doing this. You are. And they will support you the best way they can in your effort to succeed. Also, they are people from Patagonia. Their culture is completely unique to this part of the world and totally different from any other one, no matters where you come from. There will be cultural differences and one of the main goals of this event is to enrich everyone out of this cultural melting pot.

Photographers

Our photographers will travel along the race. They will take photos and video of you and other athletes, even when you are exhausted. You may not like it then, but trust us: the photos will be cool, and you'll love having them afterwards. You do not need to acknowledge the photographers; just ignore them and let them do their job.

Sponsors

Please be friendly to our sponsors and partners. They help make this race possible!

Appendix A: Release from Liability

In consideration of the acceptance of my entry in Patagonman Xtreme Triathlon, I am aware of and agree to the following:

Athlete:

1. I am aware of the risks and hazards associated with participating in Patagonman Xtreme Triathlon.
2. I have sole responsibility for my personal possessions and athletic equipment during the competition and its related activities.
3. I attest that I am physically fit and able to complete the competition.
4. I grant Patagonman Xtreme Triathlon full permission to free of charge use of photos and film taken of me and my support during Patagonman for use in promotion of the event in print, and on the Internet, TV and any other audiovisual formats. I also grant Patagonman Xtreme Triathlon full permission to send me marketing emails.
5. I will comply with the rules and regulations of the race and the International Triathlon Union (ITU).
6. I confirm that all my race equipment is in good working order and accept that the Race Marshals can remove me from the race if the equipment is suspected to be sub-standard.
7. Medical personnel and marshals appointed by the organizers may remove an athlete from the race, should there be a health or injury risk to the athlete.
8. Athletes will not be disqualified for accidental nudity in the transition zones.
9. All athletes will need a customized full-coverage insurance for this event, sold by the organization, to start the race (no other insurance can replace this).
10. I acknowledge that the use of prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden. I will comply with The World Anti-Doping Code in itself, or as implemented in the rules of the International Triathlon Union. I accept to be subject to random doping testing.

11. In the event of a race cancellation or postponement due to a war, storm, wild fire, earthquake, health emergency, other “Acts of God” or other dangerous situation due to the country’s political or social condition, my entry fee is non-refundable.
12. The organizer retains the right to change the course at any time for safety reasons.
13. The athlete accepts that participation in the race places great demands to responsibility.
14. Participation takes place at the athlete’s own risk.
15. The athlete indemnifies the organization against any claims that could possibly result from participation in the event. The athlete also indemnifies Patagonman Xtreme Triathlon and PATAGONMAN SpA for any and all consequences which may ensue as a result of this participation.
16. Transportation provided by the organization to Km 30 of the running course is a courtesy. Athletes and supports assume full responsibility by using this method of transportation and they indemnifies the organization by any accident that could occur during these transports.
17. Organization schedule will be executed sharply on time in order to have an excellent event and therefore, athletes and supports who are late for the program may lose the chance to participate in the event at all or in part of it.

Support:

1. I will follow the directions given by the race marshals and organization.
2. Support will use their support reflective jacket and race wristband at all time.
3. Support will use their reflective jackets at all time during the race and will not assist their athletes in any case during the first and last 20km of this part of the race nor between Km 80 to 100.
4. Supports will always follow local traffic rules and will respect all athletes keeping a distance larger than 1.5 meters when overtaking a cyclist.

By submitting this entry, I acknowledge having read, understood and agreed to the above, that I am aware and acknowledge the risks, terms and conditions and waive, that I release Patagonman Xtreme Triathlon, PATAGONMAN SpA and their partners from liability, and that I have executed this agreement voluntarily.

Athlete's Passport Number

Date (dd/mm/yyyy)

Athlete
(please print name clearly)

Support person
(please print name clearly)

Athlete's signature

Support person's signature

Support person's mobile phone number on race day, including country code

Aysen, Chile 2023.



PATAGONMAN Xtreme Triathlon is organized
by PATAGONMAN SpA

For further information go to www.patagonman.com
or email us to contact@patagonman.com